

Safety - ABCs of Fall Protection - Anchorage

The anchorage is the secure point of attachment for the fall arrest system. The appropriate type of anchorage varies by industry, the job being performed, the type of installation and the structure available, but it must be able to withstand fall arrest forces. The anchorage connector provides a means of attaching the system to the anchorage.

Make sure the anchor point is strong enough to withstand the forces generated by a fall. For the tie off to be legal, it must support 3,600 pounds with certification and 5,000 pounds in the absence of certification.

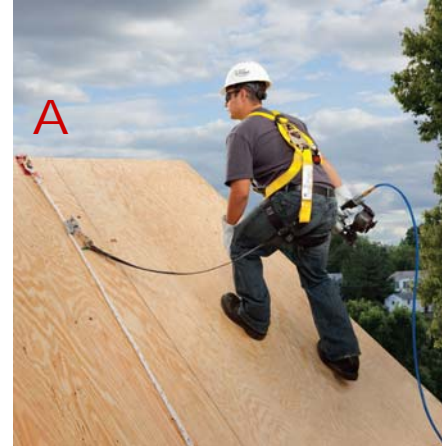
Anchorage shall be inspected every six months by a certified person.







Always attempt to tie off above your head. A six foot tall man who ties off at his feet could fall as much as twelve feet.

Always attempt to tie off directly above your head to avoid the pendulum effect.

The shorter the tie-off, the shorter the fall. Always use the shortest lanyard possible.

Look out for sharp beams. Wrapping lanyards around beams could cut them during the tremendous forces generated during a fall. Use a cross-arm strap or a carabiner.



	Reusable Steel Roof Anchor SA4000 \$26.50 	3M Disposable Roof Anchor SA4651 \$6.99 
SafeClaw Reusable RB Anchor SA4075 \$99.75 	Beamwalk-Glide Anchor SA4650-3 \$195.35 	Cross Arm Straps 3' SA4550-3 \$29.00 6' SA4550 \$32.00 

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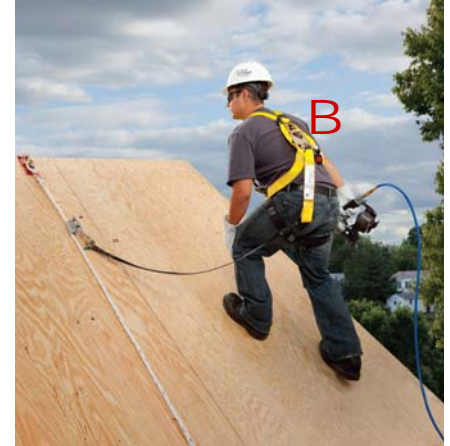
ABCs of Fall Protection - Body Support













The full-body harness provides the necessary body support with straps that fasten around the user and distribute fall arrest forces over the upper thighs, pelvis, chest and shoulders.

Full body harnesses are mandatory for fall arrest and are attached to a shock-absorbing lanyard or self-retracting lifeline with a maximum arresting force of less than 1,800 pounds to the body.

A full body harness should be snug, but it shouldn't bind. The harness should fit so that the center grommets are used most often. Make sure all leg snaps or buckles are attached. The chest strap should be in your mid-chest area. Elastic harnesses will not absorb shock. They are simply more comfortable. Side and Front "D" rings are for positioning only!

Do not punch holes in a harness to increase the size.



3M Universal Body Harness SA1050 \$79.75 	3M XXL Body Harness, 48"-56" SA1050-XXL \$79.75 	3M Padded Body Harness SA1052-L/XL \$157.20 	3M Universal Ameba Harness SA1450 \$99.00  3M XXL Ameba Harness SA1450-XXL \$107.75
DBI Exofit Harness Construction Vest Style \$199.99 Small DB-1108500 Medium DB-1108501 Large DB-1108502 X-Large DB-1108507 	DBI Exofit Nex Harness \$249.95 Small DB-1113121 Medium DB-1113124 Large DB-1113127 X-Large DB-1113130 	FallSafe L/XL Dielectric/Arc Flash Harness FS77225-UT \$129.00 	3M Bag SA4521 \$26.50 
3M Economy Fall Protection Kit SA30502 \$46.95 	3M L/XL Ameba Fall Protection Kit SA30510-DK \$119.85 	3M Roof Fall Protection Kit in a Bucket SA20000-DK \$188.00 	FallSafe L/XL Fall Protection Kit FS136-DK \$95.95 

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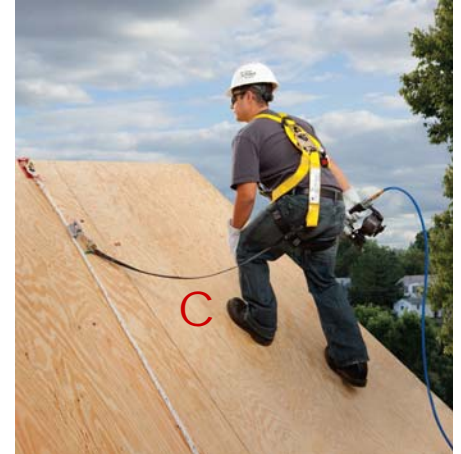
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Safety - ABCs of Fall Protection - Connectors

A connector, such as a shock-absorbing lanyard or self-retracting lifeline, is a device that links the user's full-body harness to an anchorage. When used with a fall restraint system, the connector must be short enough so that the worker cannot reach a fall hazard.

Never tie a knot in lanyard. This will reduce the strength. Attach lanyards to back "D"-Ring only. Rope lanyard may be attached to side "D" Ring for positioning only. When using shock-absorbing lanyards, attach shock pack end to back "D"- Ring. Only use lanyards with double-locking snaps.

Retractable life lines are faster reacting, allow a larger working area, and reduce shock. Do not use these at more than a 30° angle.



Cable Retractable Lifelines 23' SAREC-23 \$479.50 30' SAREC-30 \$665.75 50' SAREC-50 \$798.50 	ReLoad Web Retractable Lifelines 7' SAREW-7 \$129.00 12' SAREW-12 \$261.00 23' SAREW-23 \$489.00 	Low Profile Lanyard SA209712 \$66.25  6' Shock Lanyard SA4712-6 \$67.00  6' Shock Lanyard with 0241 Hook SA4712-6-0241 \$113.90
Tybak II Lanyard SA3812 \$85.65  DBI 6' Dual Shockwave Lanyard DB-1244412 \$179.00 	3' Shock Absorbing Lanyard SA3510 \$54.75  6' Shock Absorbing Lanyard SA3550 \$81.25 	Lifelines 5/8" x 25' SA0221-25 \$ 45.65 5/8" x 50' SA0221-50 \$ 74.15 5/8" x 100' SA0221-100 \$119.00 
5/8" Rope Grab SA0123 \$118.00 	Auto Lock Carabiner SA0210-07 \$33.50  Auto Lock Tear Drop Carabiner SA0210-3-07 \$58.00	Swivel Link Rebar Positioning Assembly SASP3710-S \$96.50 

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Safety - ABCs of Fall Protection - Confined Space

Many workplaces contain spaces that are considered "confined" because their configurations hinder the activities of employees who must enter, work in, and exit them. A confined space has limited or restricted means for entry or exit, and it is not designed for continuous employee occupancy. Confined spaces include, but are not limited to underground vaults, tanks, storage bins, manholes, pits, silos, process vessels, and pipelines.

A confined space is an extremely dangerous place. Without proper training, workers face injury and death. The hazards of confined space can be dealt with by providing workers with the proper equipment and training.

Descent and rescue devices, such as FallSafe's Confined Space System, are an essential part of the fall protection program. They are used to retrieve or lower a fallen worker to the ground.



FallSafe Confined Space System

FS981

\$2,195.00

Complete Set Includes:

Aluminum Tripod
3-Way Recovery System
Carabiner
Pulley
Carry Bag



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